I SAID, I will take heed to my ways: that I offend not in my tongue. 2. I will keep my mouth as it were with a bridle: while the ungodly is in my sight. 3. I held my tongue, and spake nothing: I kept silence, yea, even from good words; but it was pain and grief to me. 4. My heart was hot within me, and while I was thus musing the fire kindled: and at the last I spake with my tongue: 5. Lord, let me know mine end, and the number of my days: that I may be certified how long I have to live. 6. Behold, thou hast made my days as it were a span long: and mine age is even as nothing in respect of thee; and verily every man living is altogether vanity. 7. For man walketh in a vain shadow, and disquieteth himself in vain: he heapeth up riches, and cannot tell who shall gather them. 8. And now, Lord, what is my hope: truly my hope is even in thee. 9. Deliver me from all mine offences: and make me not a rebuke unto the foolish. 10. I became dumb, and op-ened
not my mouth: for it was thy doing. 11. Take thy plague away from me:

I am even consum'd by the means of thy heavy hand. 12. When thou

with rebukes dost chasten man for sin, *thou makest his beauty to consume

away, like as it were a moth fretting a garment: ever-y man therefore is

but vani-ty. 13. Hear my prayer, O Lord, and with thine ears consider my call-
ing: hold not thy peace at my tears. 14. For I am a stranger with thee: and a

sojourner, as all my fathers were. 15. O spare me a little, that I may recover

my strength: before I go hence, and be no more seen. Glory be to the

Father, and to the Son: and to the Holy Ghost; As it was in the beginning,
is now, and ever shall be: world without end. Amen